



Erotic Recovery

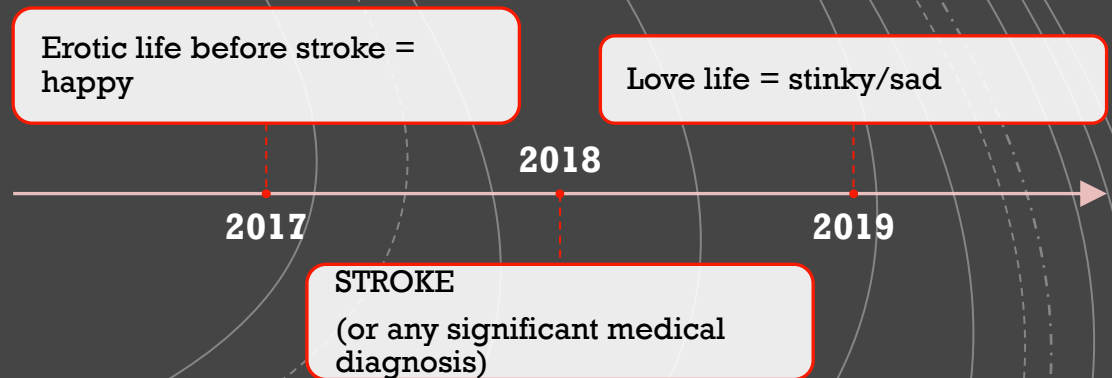
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What does the research say?



But why does
eroticism take
a hit?

- FATIGUE
- PAIN
- CHANGE IN PHYSICAL FUNCTIONING
- FEAR
- CAREGIVER/PATIENT ROLES
- ANGER
- BODY BETRAYAL
- DEPRESSION
- LACK OF COMPETENCE/CONFIDENCE



ULTIMATELY:

Our sense of self changes



Techniques that Sex Therapists Use to Support Erotic Recovery

Hand Massage

Techniques

Tantric Exercise

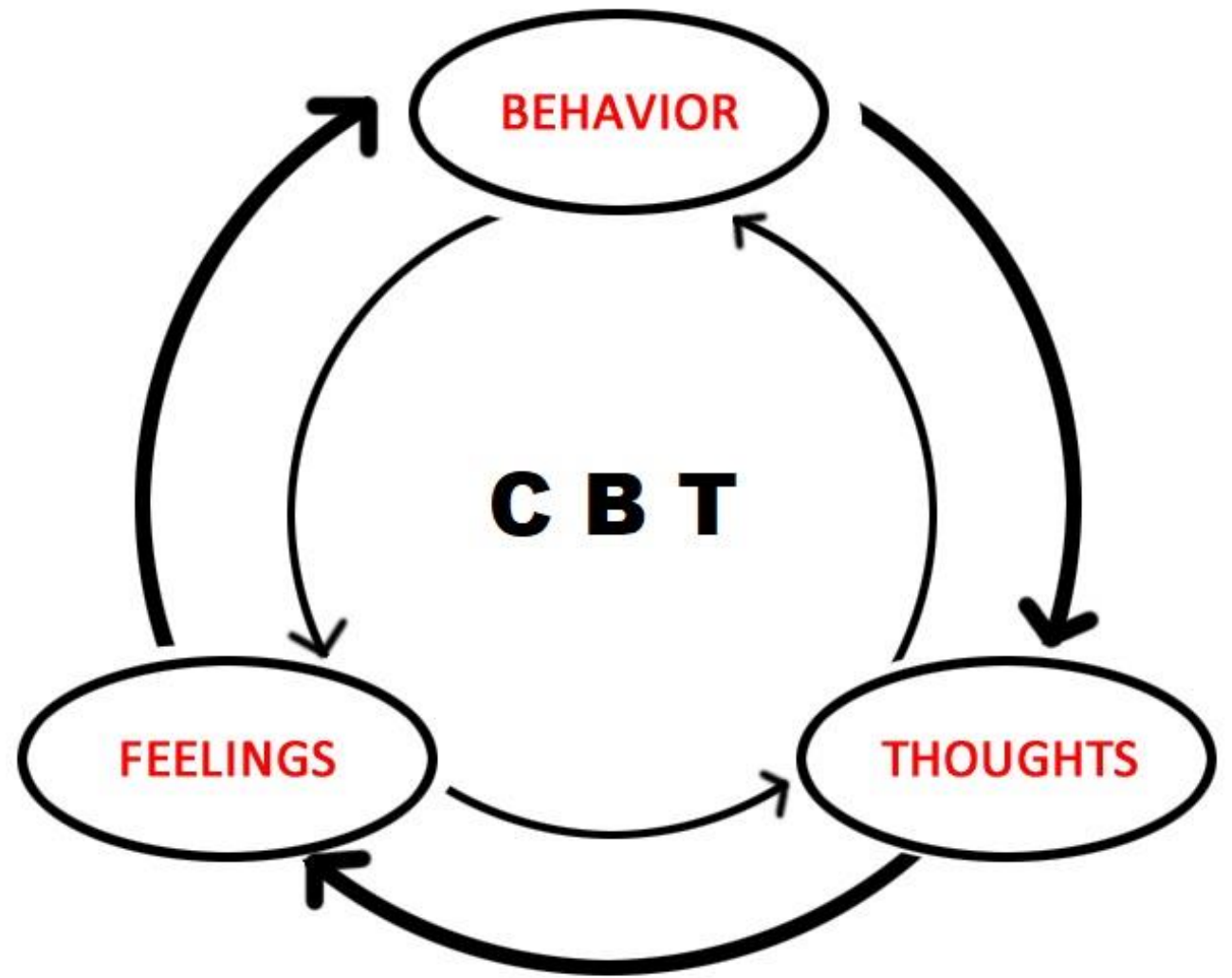




Techniques

30 Second Meditation

Technique:
Cognitive
Behavior Therapy



Techniques:
Emily
Nagoski/Turning
Off the Offs

- What is the biggest obstacle to my/our erotic goal?
- When and where specifically will the obstacle occur?
- What can I/we do to prevent the obstacle?
- What will I/we do to get back to the goal when the obstacle occurs?



Q and A

- 1) Sex positions
- 2) Difficulty maintaining erections
- 3) I can't feel to hold my partner's hand/kiss anymore (SUGGESTED PODCAST: Speaking of Sex with the Pleasure Mechanics: Turning Towards Pleasure While Living with Pain and Illness)
- 4) How do I communicate with patients?